



# **North Carolina Pandemic Preparedness 2006 - 2007**



## **SCHOOL PLANS**



# **STEPS TO PREPARE FOR PANDEMIC FLU**

- **Create a Pandemic Flu Plan**
- **Work with Local and North Carolina State public health and emergency preparedness officials**
- **Decide the roles and responsibilities of school staff (including all ancillary staff) to prevent spread of flu**
- **Train school nurses and staff in flu symptom recognition:**
  - a) **Always remember that a person infected may not show symptoms right away.**
  - b) **Children who are getting ill may show different behavior than usual, such as eating less or being irritable.**



# **Steps for Pandemic Flu**

- **Ensure that disease recognition procedures are in place and implemented**
- **Improve the hygiene of students and staff**
  - **“Respiratory etiquette”**
  - **Clean hands and work areas frequently**
- **Determine whether your schools should be cleaned differently or more frequently**
- **Decide to what degree you will encourage students as well as staff to stay home when they are mildly ill**
- **Identify students and staff who are most vulnerable to illness**
  - **Chronic illness, immuno-suppressed, etc.)**
- **Educate staff, parents and students about the differences between seasonal flu, avian (bird) flu and pandemic flu**
- **Educate the school community on the best hygienic practices to prevent the flu and how they can help during a flu pandemic**





# What Is Seasonal Flu?

- Seasonal flu is caused by viruses that have previously circulated.
- Symptoms include:
  - Fever
  - Cough
  - Fatigue
  - Runny Nose
  - Muscle Pain
- **Vaccine** is produced each season to protect people from the three influenza strains predicted to cause illness.
- **Complications** such as pneumonia are most common in the very young and very old and may result in death.
  - ~36,000 Americans die each year
  - ~200,000 children and adults hospitalized.



# **Mild to Moderate Pandemic**

- **Caused by a new influenza virus that has not previously circulated among people and that can be easily spread**
- **Because this is a new virus, people will not have immunity to the new virus. It will likely cause illness in high numbers of people and more severe illness and deaths than seasonal influenza**
- **Symptoms are similar to seasonal flu, but may be more severe and have more frequent serious complications**
- **Healthy adults may be at increased risk for serious complications**
- **May cause a moderate impact on schools**
  - **Encourage people who are sick to stay home**



# **Severe Pandemic**

- **A severe strain causes more severe illness, results in greater loss of life, and has a greater impact on society**
- **When severe pandemic is at it's peak, school absenteeism could reach up to 40% due to illness or others caring for family members**
- **Schools and daycare facilities may be closed**
- **Public and social gatherings may be cancelled or discouraged**
- **Patterns of daily life could be changed at some given point**



# **COMMUNICATION PLANS**

- **How will information be distributed throughout the school community?**
  - **Through backpack mailings**
  - **Newsletters and email lists**
  - **Video**
  - **Local TV and Radio Stations**
  - **School Emergency Telephone Hot Lines**





# **RESOURCES**

## **State**

**[www.dhhs.state.nc.us](http://www.dhhs.state.nc.us)**

## **Federal**

**[www.ed.gov](http://www.ed.gov)**

**[www.pandemicflu.gov](http://www.pandemicflu.gov)**

**[www.healthinschools.org/sh/influenza.asp](http://www.healthinschools.org/sh/influenza.asp)**

## **International**

**World health Organization (WHO)**

**[www.who.int](http://www.who.int)**





# Stop the Spread of Germs

## ■ Respiratory Etiquette

- Cover your mouth and nose when you cough or sneeze
- Cough into a tissue and throw it away immediately
- Clean your hands often
  - Use soap and water or hand sanitizer
- Remind children to practice healthy habits



# THE HAPPY BIRTHDAY SONG

## ■ Recommendation

- When you wash your hands with soap and warm water – wash for 15 to 20 seconds. That's about the same time it takes to sing the “HAPPY BIRTHDAY” song twice.
- Let's have some fun. The next time you wash your hands, sing the birthday song.



# **WAYS TO PROTECT YOU FAMILY**

- **Because the flu can spread from person-to-person, please keep sick children at home**
- **DO NOT SEND SICK CHILDREN TO SCHOOL.**
- **Teach your children to stay at least three feet away from people who are sick**
- **Teach your children the proper way of washing their hands by setting a good example by doing it yourself**
- **Keep tissues and a trash bag within reach of the sick person**
- **Keep people who are sick with the flu away from the people who are not sick**



# ITEMS TO HAVE ON HAND FOR AN EXTENDED STAY AT HOME.

## ■ **Non-Perishable Foods**

- Ready to eat canned meats, fruits, vegetables, soups
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter and jelly
- Dried fruit, nuts, trail mix
- Crackers
- Canned juices
- Bottled water
- Canned or jarred baby food

## ■ **Don't forget food for your pets!**





# Examples of Emergency Medical and Health Supplies

- Prescribed medical supplies such as glucose and blood pressure monitoring equipment
- Soap and water or alcohol based hand wash
- Medicines for fever, such as acetaminophen or ibuprofen
- Thermometer
- Portable Radio
- Vitamins
- Fluids with electrolytes
- Flashlight with extra batteries
- Manual can opener
- Garbage bags
- Tissues, toilet paper, disposable diapers



# **KEEP SAFE AND HEALTHY**

- **Train nurses and staff in flu-symptom recognition**
- **Check your students for signs of any illness:**
  - Coughing
  - Fever or Chills
  - Sore throat and trouble swallowing
  - Headache
  - Muscle aches
  - Sneezing
  - Vomiting
  - Diarrhea
  - Breathing troubles
  - Unusual spots or rashes



# **MEDICAL ALERT!**

- **DO NOT USE Aspirin In**  
**Children or Teenagers with flu**
- **May cause REYE'S SYNDROME**
  - **Life-Threatening Illness**

# FEVER ALERT!!!

Stay Home until fever resolved  
for 24 hours



North Carolina Pandemic Preparedness  
School Plans





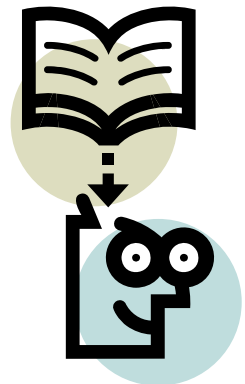
# **SCHOOL ACTION STEPS**

- **Create a pandemic flu plan.**
- **Work with local health officials and emergency preparedness officials.**
- **Decide the roles and responsibilities of school staff (including all ancillary staff) to prevent the spread of the flu.**
- **Determine whether the school should be cleaned differently or more often.**
- **Identify students who are most vulnerable to serious illness (immune compromised, chronic illness, etc.)**
- **Review the health needs of students. Some students may have a greater risk of infection. Parents should be more cautious and careful in keeping these children at home.**



# HOW GERMS SPREAD

- The main way that illnesses like colds and flu spread is from person to person in **respiratory droplets of coughs and sneezes**
- This is called “**droplet spread**”
- Some viruses and bacteria can live 2 hours or longer on surfaces like cafeteria tables, doorknobs, pencils, desks, etc.





# HOW GERMS SPREAD CONT.'D

- Germs also spread when a person touches respiratory droplets from another person on a surface like a desk, then touches his or her own eyes, mouth or nose before washing their hands.
- **ALWAYS REMEMBER TO WASH YOUR HANDS**



# Questions or Feedback

- Contact your local Health Department
- Contact the State Office of Citizen Services
  - [www.dhhs.state.nc.us/ocs/](http://www.dhhs.state.nc.us/ocs/)